

## Feeding Your Baby – 1

### HELPFUL HINTS

#### FOR THE PARENTS OF NEWBORNS

The first few weeks of life are a very special time for you and your baby. You will be getting to know your baby's needs. Each baby is different.

#### ■ When your baby cries

Your baby might need:

- a diaper change
- to be held or cuddled
- to be fed

#### ■ Learn which cry means your baby is hungry.

Your baby may also put a hand to the mouth to suck, make sucking movements, or hold a tight fist over the stomach.

#### ■ When your baby is full

Your baby might:

- spit out the nipple
- fall asleep
- play with the nipple or bite it, rather than suck on it
- lie quietly and just suck every once in a while

#### ■ Your baby may have a fussy time.

This is normal so try not to worry. It is often in the late afternoon or early evening.

#### ■ Wash your hands before each feeding and after every diaper change.

Ask others to wash their hands, too. This will help keep your baby from getting sick.



#### ■ Relax and enjoy feeding time.

Do not force your baby to finish all the formula or to keep breastfeeding. Your baby knows how much is enough at each feeding.

#### ■ Always hold baby at feeding time!

This makes your baby feel loved and secure. Propping the bottle can cause ear infections. Also, you may not notice if your baby chokes.

#### ■ Wait until at least four to six months to start cereal!

Start with rice cereal fed with a spoon. Do not put cereal in the bottle. Cereal too early might cause allergies.

#### ■ A little spitting up is normal.

If you are worried about how much your baby is spitting up, talk to your doctor, dietitian or nurse.

#### ■ No honey anytime during the first year!

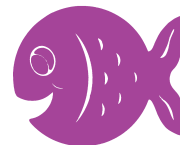
It can cause deadly food poisoning in babies.

#### ■ Throw away any breastmilk or formula that your baby did not finish from their bottle.

It can spoil and make your baby sick.

#### ■ If you are formula feeding your baby, buy some extra formula when you can afford it.

This way you won't get caught without any. Powdered formula is good to have on hand for times you and your baby are traveling. You can mix as little as 2 ounces at a time.



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